

Proposal from the Department of Health, Social and Foreign  
Residents

## **STRESS MANAGEMENT AND WELLBEING WORKSHOPS 2020**

**Objective:** Learn how to manage and deal with stress and anxiety by using powerful and effective ways using your conscious mind to actively rewire your brain to change and re-pattern old repetitive thoughts, habits, feelings and behaviours.

**Contents:** A brief understanding of how stress impacts your health and wellbeing, learn tools to quickly take you away from stress and anxiety, tools to help you to reset and relax, resulting in accessing the 'rest and digest' part of your nervous system.

**Where:** Casa de Cultura, l'Alfàs del Pi, Sala de Reuniones

**Duration:** Weekly workshops running for a duration of 4 weeks.  
Hours: 11.00 am to 12.30 pm

**First Workshop:** Thursday 19<sup>th</sup> November 2020

**Inscriptions:** Bernd Goldschmidt 629 81 61 97  
Limited places assigned in order of registration

**Facilitator Information about the Workshop:** Donna Jenkinson,  
**Stress Management Consultant:** 615157399 & 07954 145058